

## What's Next? Podcast

### Rose Bhutarak and Alex Schlitt

**[Snip-it's from Podcast] Rose:** Everybody who goes into health care kind of has an idea that, like, of course, you're going to deal with communicable diseases. Never in a million years thought that we would all be going through a pandemic right now.

**Alex:** Yeah, I think I was never really expecting it. But having a degree in microbiology, just kind of understanding viruses, bacteria, you know, about every hundred, hundred and fifty years, there's a major outbreak of some sort of disease, whether it's cholera, influenza, a plague...

**[Bouncy theme music plays.]**

**[Introduction]** Welcome to the What's Next? podcast. Let me just start off by saying. Not everyone has the same background. There is no road-map for success. Life begins at the edge of your comfort zone. Leaning into your curiosities. It does suck when you grow up. We're all still figuring out who we are. You can't just sit back and be silent. Black lives matter. It is the little stuff that makes the biggest difference. Do you have another hour? [Laughs]

**[Bouncy theme music fades.]**

**Cody:** Hello, Beaver Nation, welcome to the What's Next? podcast. I'm your host, Cody Stover. This is episode number eight and the season finale of season number one of the podcast. We've been fortunate enough to have the opportunity to sit down with a bunch of different Beaver alums from a variety of backgrounds, fields and life experiences. On this first season of the What's Next? podcast, we've had world travelers, professional athletes, educators and a lot of Beavs who are making positive change in our communities and around the world. Today I'm really excited to have two Beaver alums on the What's Next? podcast who are in the medical field and our frontline workers and heroes during these times and so much deserving of the recognition and our utmost thanks. Here on the podcast, we have Rose Bhutarak, a 2015 OSU grad with a degree in nutrition, also a certificate in Medical Humanities, who

is now a medical assistant at Providence Medical Group in Milwaukee. And we also have Alex Schlitt a 2013 OSU grad with a degree in microbiology, minors in chemistry and Spanish, and who is now an internal medicine resident at the University of Arizona in Tucson. Alex and Rose, thanks so much for your time and for joining us on the podcast.

**Rose:** Yeah, thanks for having us.

**Alex:** Yeah. Thank you. I'm Excited.

**Cody:** So I think I have a lot of questions about your experience right now in the medical field, but maybe we can start with a little bit of background. So how do you both know each other prior to this this podcast?

**Rose:** Well, let's see. Well, Alex and I actually went to high school together, but we never really hung out until kind of towards the end of college for both of us.

**Alex:** Yeah, I graduated in two thousand nine from high school and she was a year behind me and funny story actually I ended up being her roommate for a term. [Rose: chuckling]

**Cody:** OK, at OSU?

**Alex:** Yeah.

**Rose:** Yep. Yes, I'd come downstairs and see him in his sweatpants eating Subway very, very frequently. [Cody: Chuckling] One of my fondest memories of him living there at any time of the day, really.

**Alex:** Yeah, I can't deny that. Sometimes it was Pita Pit.

**Rose:** Oh yeah. [Cody: Oh yeah.] Very true.

**Cody:** Ok, so you guys knew each other at OSU. I also heard that you both had weddings this year, at least planned to this year and then the pandemic happened. Could you tell us a little bit about that scenario?

**Alex:** Yeah. So my now wife and I, who's also a resident here in pediatrics, we were supposed to get married in May and that was, of course, kind of the early stages of a pandemic. A lot of family obviously couldn't fly out and our venue had to postpone our actual ceremony. So we did one of the home covid weddings, had about ten of us there, family members. So it was still really special. And then some of my friends planned, to my surprise, kind of a drive by a caravan celebrating so.

**Cody:** Cool.

**Alex:** It was still a special day for us.

**Cody:** That's really cool. So that was in May.

**Alex:** Yeah.

**Cody:** Ok, and then, Rose, what about you,

**Rose:** Very similar story, we were supposed to get married in April, but about 20 days before our wedding date, we ended up deciding to postpone due to covid and just, yeah, with a lot of our family from out of state, out of the country, nobody was able to travel. And we just wanted to make sure that everyone was safe. And we're fully aware of what we're all getting ourselves into before moving forward with the big events. But our date is now planned for October and we are going through with it no matter what.

**Cody:** Ok, so a fall wedding.

**Rose:** Fall wedding instead.

**Cody:** Are were either of you, folks who you know, like I know I've had friends, I'm not married myself, but I've had friends who've got married and they have like the date in mind ahead of time and they like the sound of the ring. And I had so many friends who

are like the 2020, 8.20/20. It all sounds so good where either of you anticipating your, your date because it sounded so nice of twenty-twenty.

**Rose:** Ours was actually going to be a four, four, twenty-twenty. [Cody: Mmmm] The rough part though is actually having to maybe go back and change our passwords for a lot of things, like we made a wedding email our new wife, I like a lot of things, had the four, four, twenty-twenty date on it. So it's kind of funny every time we have to enter those passwords.

**Cody:** [Chuckling] You're like now it's just numbers.

**Alex:** Yeah. We didn't specifically plan for this date, it just kind of worked out. Originally it was supposed to be the end of both of us finishing our rotations and medical school [Cody: Mm hmm.] and we had about a month, month and a half in between that and actually graduating. So we were going to get married and have our honeymoon in Mexico. But that didn't happen. But we still made it work out.

**Cody:** So I know that you guys are both Beaver grads, so maybe just to give us a little background context before we get into what you're doing now, maybe each of you could fill us in on kind of like what was one or two unique experiences that you had at OSU, whether it was a club you were involved with or something special or maybe a study abroad or any of those things like what would you say are like maybe one or two unique experiences that were kind of formative to you?

**Alex:** Yeah, I can go first, I'd say definitely the study abroad for me. I had done this about three and a half years of science, change science major a couple of times was just kind of feeling a little burnt out from science. So kind of a spur of the moment decided to sign up for a study abroad. So I went to Santander, Spain for about four months. Did this Spanish language intensive program. Prior to that, I was a pretty, pretty shy person and coming back I was definitely a lot more outgoing. In fact, one of my best friends, Austin, when I came back, he's like, where is Alex and what have you done with him? [Cody and Rose: Chuckling] It definitely made me just more outgoing and more willing to take risks, because when you're, you don't speak the language in another country and you have to order food or something somehow kind of puts you out of your comfort zone. So definitely some good skills, especially going into medicine.

**Cody:** And you minored in Spanish also. So did you have that going on before you went, or was that like after you came back you decided, oh, I want to keep going with this?

**Alex:** I took Spanish all throughout high school. I actually didn't take any Spanish in college to do that study abroad. You had to, I think, take at least two years or test out of those two years. And I was lucky enough to be able to do well enough in the exam where I could immediately go abroad.

**Cody:** Rose, how about you? What were some kind of formative experiences for you at OSU?

**Rose:** Yeah, well, like many other college kids, I know a big part of kind of what shaped me to be who I am and what I feel like I'm confident in doing now is having to be on my own and away from family. So a lot of my fondest memories are definitely just hanging out and being with friends and learning how to live with people and deal with different circumstances. So when it came to the social aspect, like OSU was honestly incredible in making me who I am. And I loved actually being in my sorority, Kappa Kappa Gamma, where I was forced to live with a bunch of girls and a lot of girls in one space together isn't always easy, but it really created a lot of good friendships and a lot of life lessons came out of there. And when it comes to the curriculum side of things, actually one of I think probably the most valuable, multiple courses I ever took were from the medical humanities curriculum.

**Cody:** OK.

**Rose:** And it was just something so unique. I knew that I've always wanted to do something in healthcare and I've always kind of really enjoyed the personable side of it. So having something like medical humanities and talking about those difficult conversations and kind of seeing more than just the science and the medicine in it really made a huge impact on me and how I want to in turn, kind of give back in health care and bring that side to it. So I really enjoyed that.

**Cody:** Did you know going into those humanities courses, Rose, that you were like, oh, I'm going to connect with these ones, or was it kind of like a surprise that was like, oh, this is actually something that I want to do, like, more of?

**Rose:** Yeah, it was something I was interested in and I thought, oh yeah, like that would be a good, well rounded aspect to look into, but not until I was really in there. And like we talked about death and dying [Cody: Mmm hmm] and we talked about really complicated just there's really no right or wrong answer. And so a lot of discussions, a lot of things that really provoke thought and emotions. And that really, yeah, it was very eye opening experience.

**Cody:** Mm hmm. Do you guys have I was going to say one thing we've been asking our guests is a little segment called Back in My Day. And essentially what we ask here is like when you come back to OSU, what's the biggest difference you notice or like what's the thing that you tell people? You know, back in my day, this was different. Is there a thing that when you, you visit Corvallis or you visit campus again that is different or something that you remember from, from your day?

**Alex:** I'd say, what was it, Downward Dog? [Rose: Chuckling] That's the one that's it's like the porch on the corner there.

**Rose:** Oh no, that used to be Brew Station.

**Alex:** Brew Station.

**Cody:** Yeah, but I think it was Downward Dog briefly. Wasn't it?

**Rose:** Yeah, Red Fox. Oh that's what it was afterwards too.

**Alex:** Yeah, I remember Brew Station.

**Rose:** Yes, yes, and there was one little tiny little Chinese place right under Local Boyz I used to love going to, [Cody: Oh, I think I walked past that] but they closed my final year there as well.

**Cody:** Okay. Yeah, I think Local Boyz is still going strong.

**Rose:** Oh, yes.

**Alex:** Yeah, I went there before. It must have been a spring before everything closed.

**Cody:** Ok, most recently, yeah, yeah, shut out, Local Boyz. [All: Chuckling]

OK, here's another thing we've been asking our guests to, and we call it, welcome to the real world. Do you have anything in mind that, like, kind of when you come out of college for the first time or you start doing a job like, has there ever been a strange transition or maybe like an apartment horror story or anything like that? You kind of think back on as you're welcome to the real world moment?

**Rose:** For me, it was definitely having to Google insurance terms.

**Cody:** Uh, yes.

**Rose:** Figuring out insurances and what to pick and what all of this means was my, like, reality check of like, oh, crap, I'm an adult now, huh?

**Alex:** Yeah, I think for me, because I took about a year and a half off in between graduating college and starting medical school, wasn't quite ready to jump in yet. So for me, even as a microbiology degree, sending out resumes and not hearing anything, and then, like most of the jobs needing a bachelors in science were offering like 12 bucks an hour. [Cody: Uh huh] so that was a little eye-opening for sure.

**Cody:** Goodness. I think I. Rose, to what you were saying. I remember my first job out of college, like we had like an insurance person who was like the, I forget she was a rep for our company or whatever. And so they were like, OK, we got to sit through the lunch. She's going to tell us about the updates. And I was like, oh, everyone is kind of dragging their feet up there. And then she started, like, going into it. And I was like, oh, my gosh. Like, I don't know what they're talking about. And so I, like, pulled her aside after everyone else went back to work. And I was like, OK, can, can you help me? Like, can you tell me what these words mean?

**Rose:** Yep.

**[Bouncy theme music plays.]**

**Cody:** Hey Beavs, as you may have heard during this season of the What's Next? podcast, this show is a production of OSU Next, a group of young alums working to build community and support other Beavs who are figuring out the world of jobs, rent 401K's, and, of course, the ever present debate of trying to decide exactly how many monthly streaming subscriptions is too many. For more information on OSU Next or to get connected with other Beavs, visit [osualum.com/osunext](https://osualum.com/osunext). Now let's get back to Rose and Alex.

**[Bouncy theme music fades.]**

**Cody:** Let's jump into a little bit more about what twenty-twenty has been like for you both in the medical field, and maybe you can start by giving the listener just a quick intro into what your position is and what your role is right now.

**Rose:** So for me, I'm a medical assistant and I work in family medicine. And so really, I'm the person when you guys go see your primary doctor, I bring you back to the room, check all your vitals and kind of ask kind of the basic questions to get you started. And as a family medicine clinic, we see patients of all age groups from birth to hospice, people with chronic conditions following up on acute issues and just generally, well, patients. So really, we see the whole span of things. [Cody: Mm hmm] And as an M.A., I would help the docs kind of do whatever needs to be done for patient's medical care. So that involves vaccines, blood, drugs, EKG's, any testing that can be done on site. Really just kind of running around and making sure patients are taken care of.

**Cody:** So when they come to you, Rose, it's kind of a blank slate, as in they maybe haven't been to another doctor, referred them there necessarily. They might be coming with things that are just kind of OK, what's the next step?

**Rose:** Totally. Yeah. Usually they say in primary care, we're kind of the gateway to the rest of the medical world. [Cody: Mm hmm] So, you know, if you want to go see a specialist of any sort, odds are you'd have to go see your primary doctor first to get that



referral. So we'll see patients we see once a week or we see patients we've never seen before as well.

**Cody:** Got it. Alex, how about you?

**Alex:** Yeah, so I'm an intern in internal medicine, so I've done a couple of rotations so far in the various sub-specialties of medicine. So I did two weeks in the ICU at the VA center here in Tucson, did a week in cardiology, did a week at night flow. I just got done during the week on the hospital wards. So I really am taking care of up to the most I can cover seven or eight patients at a time. But of course being an intern, there's a senior resident above me and then there is the attending physician. But I'm responsible for seeing all the patients in the morning trying to come up with a plan of what I think we should do. And the attending basically tells me what they think about my plan. So it's a lot of a lot of work, but also a lot of learning.

**Cody:** And what are these patients like normally or like what types of things are they going through, like on an average day that you're doing these rounds?

**Alex:** So like my last week I was on we had someone with talk thyrotoxicosis because they're the medication they took in the past was taking care of someone with cirrhosis, with resulting hepatorenal syndrome. So kidney damage from the cirrhosis, taking care of someone with who sounds like they were just diagnosed with multiple myeloma, type of cancer, taking care of people with chest pain all the way up to like when I was in the ICU taking care of covid patients.

**Cody:** Mm hmm. When so when you guys were going through school, did you was it ever in the back of your mind that you would be working as a healthcare professional during a global pandemic or like was that something that was talked about or that you kind of prepared for it in some ways? Or what was that like?

**Rose:** Now, I feel like everybody who goes into healthcare kind of has an idea that, like, of course, you're going to deal with communicable diseases, like there's going to be an aspect of public health involved. You're going to care for sick patients. And a lot of times sick patients can get other people sick, too. But at least speaking for myself, like I never

in a million years thought that we would all be going through a pandemic right now. Just never crossed my mind.

**Cody:** Mm hmm.

**Alex:** Yeah, I think I was never really expecting it, but having a degree in microbiology, just kind of understanding viruses, bacteria, you know, about every hundred, hundred and fifty years, there's a major outbreak of some sort of disease, whether it's cholera, influenza, plague. And, you know, it was one hundred years since the last major outbreak. And since then, I mean, there have been a dozen or so outbreaks of other diseases that we pretty much got lucky not having it become worldwide.

**Cody:** Mm hmm. What, what were things like for you both, like back in, I guess maybe if we just take it back to the start of the year and then as we headed into March and April, like what was kind of the progression or how did things change for, for you both in your normal day to day job?

**Rose:** It's really been a roller coaster of information. You know, I feel like, gosh, it just went from zero to a lot of stuff coming at you at once.

From what I can remember, I know we had kind of coming down the pipeline every single day there was something new, some new guideline to follow, some new way of doing things. So it's really, really kept us on our toes. And I think the biggest thing at my work has just been all the change and requiring us to be really adaptable and flexible.

**Alex:** Yeah, I think for me, because I was still in school, I just ended up having I think it was one of my rotations canceled, but when this is all starting to happen, I was in a dermatology rotation and I was kind of watching in the news or what's happening, especially in Italy. And on Reddit, there's a there's a page just for medicine and there is huge discussions going on. And physicians from Italy are posting and they're just talking about the chaos that was happening. And I remember telling my dermatology preceptor, I so this is going to be bad because once it comes here to the US, it was it was going to look just like Italy. And Italy does have a first class health care system and they were struggling. So I kind of had a feeling and then rotation's canceled and we kind of talked

about the wedding. But for me, I started really practicing medicine while I had already been going on. So I was the least somewhat prepared.

**Cody:** You talk about right there Reddit being like a mode of communication [and Rose, as you were saying, it was kind of like a roller coaster of information, which I think like everybody who even non-people who weren't in the health field, that were on the same roller coaster of whatever information source we are all getting it from.

But, Alex, you talk about Reddit, and that makes me think of like the other global pandemics you talked about are like this cycle of 100 or 150 years or something comes through. But like that, that's crazy to me that, you know, Reddit is also like it's somewhere that you can go to look at your, your gifts or whatever for whatever group you're part of. But also, I mean, you were getting information from other, you know, verified health professionals across the world about something that was spreading that this way, which seems like if you told somebody from the last, you know, 100 some years ago, pandemic like that would be a crazy thing to say. This is how the information is transferring now.

**Alex:** Yeah, yeah. And, you know, that's kind of the beauty of the internet is you learn things so much more quickly, which is helpful. But then at the same time, you have the spread of misinformation as well so.

**Cody:** How do you both manage that, because I think from a normal guy like myself, a non-health care person, that's been something I've been trying to be conscious of is like where am I getting my information and what's my source and things. Do you also have that when you're you are getting like information like medical grade information or health information, like are you in that same kind of mindset or how does how do you kind of, I guess, pick and choose your sources?

**Alex:** It's hard. You know, even between the national and international agencies, there's a little bit of opposing ideas. So I think you just doing your best, having your best judgment. And, you know, looking into the information yourself is the most important. A lot of times studies will come out talking about this treatment is working and this other one isn't. But you really have to look into the data [Cody: Mm hmm] and decipher it yourself and take that time.

**Cody:** Rose, I'm assuming, too, you had people at the start coming in, not sure what was going on exactly, how did you kind of manage those situations?

**Rose:** So I guess fortunately for me, as a clinical medical assistant, I mostly deal with people once they've entered the clinic. And so I haven't had to do the difficult job of fielding a lot of those questions. But I know that our clinic gets those so much on a daily basis and we really just try to, you know, to, to keep the calm, first off, because with everything that's going on, it's hard not to get emotional with all the information you're hearing, all the news out there. And to really, like Alex said, just kind of just using your common sense and trying to follow the facts that we do know. And honestly, like, sometimes it's really important to just admit that we don't know everything and that we're still trying to figure it out. And so it's kind of a day-by-day, hour-by-hour scenario. I wish we could give people more peace of mind, but really, we're all still learning too.

**Cody:** What would you say maybe and then this could be something from the last six months, but maybe just something general, too what would you say has been like one of your most rewarding stories or moments of being in the healthcare field?

**Rose:** For me, I would actually say mine extends beyond just the six months. It's really for just getting to interact with patients one-on-one. I mean, I wish I had just one story, but I've been fortunate to have multiple occurrences where, you know, you really, truly feel like you're caring for someone and that they feel that care and they accept that care. And you notice that it really does help them, whether it be just from you standing by their side as they're having a procedure done and helping them stay calm or working hard to close any care gap they might have and going out of your way. It'. oh yeah, I guess I remember one instance. It was so tiny, but it really made a big impact on me. But we had this patient come in after a hospital follow-up and he was just I mean, he lives on his own. He lives far out, but still came to Milwaukee for his primary care and just very weak from his hospitalization and had no food. But we're fortunate to have a community teaching kitchen on campus. And so I actually while he was there for his appointment, I actually just ran across campus and went through their food pantry, bagged up some food, brought it back to him, carried it to his car, [Cody: Mm hmm] and that was able to last him for the next week. And so and he didn't have any money. He didn't have any means to go shopping. And so it was just I don't know those

opportunities to make even the smallest impact and know that, like, wow, like one little thing you did really help make their life just a little bit better and easier.

**Cody:** Yeah, that's amazing. Thanks for sharing that.

**Rose:** Yeah.

**Alex:** Yeah, I think, kind of like Rose said, it's the daily things. Just getting people out of the hospital and feeling better is just super rewarding. I love what I do. Honestly, I think the most rewarding was during my ICU rotation at the VA. There is one medical unit we had with, I think 12 or 14 beds and I'd say nine or 10 of them are all intubated covid patients and, you know, really just getting at least one of them extubated, that's getting them off the breathing tube, the ventilator, I think, was just so rewarding because a lot of times you walk in every day and just nothing's changed. Everything is the same. The same. There's still, still in there intubated. But just knowing the help we could provide on an everyday basis and finally seeing them wake up definitely means a lot.

**Cody:** Yeah, thanks for sharing that. If either of you had one message you could spread during these times to beaver nation and others, what would that message be?

**Alex:** I'd say, you know, if not wearing a mask for yourself wear it for other people.

**Cody:** Mm hmm.

**Rose:** And I'd say really take it one day at a time. If you try to, you know, look too far ahead, sometimes it does get overwhelming. And so really just, one day at a time, one foot in front of the next, and we'll get through it.

**Alex:** Yeah.

**Cody:** Yeah. Yeah, I mean, I think a lot of us are either figuring out working from home or having kids at home while working and these things, but you guys are both on the front lines of this and haven't really you know, you've been having to adapt on the go as Rose you said earlier, just being flexible to change and things. Yeah. So I think we have just a great appreciation for, for what you both are doing. So thank you for all that, too.

**Rose:** Thank you.

**Alex:** Yeah, absolutely.

**Cody:** OK, so we want to jump into a few fun segments here to finish out the episode. So these are segments that we've been asking all of our guests here during season one and getting a variety of answers so looking forward to asking y'all and just hearing a little bit more about who you both are as people. So this first one is one that we're calling what's got you hooked? So this is whether you are the Netflix or Hulu junkie, maybe a podcast super fan, or if you're the voracious reader type, we have to know what what's got you hooked right now?

**Rose:** Oh, I've got mine. [Cody and Alex: Chuckling] I have never had a celebrity like, you know, how sometimes people ask, like, OK, if you could pick a celebrity dead or alive to have dinner with, who would it be like that I want to talk? I've never, ever had one, until now. I've been watching Somebody Feed Phil on Netflix. I don't know if you guys have heard it. It's really silly. So Phil Rosenthal, he's the creator of Everybody Loves Raymond and he does now this like travel eating show.

**Cody:** Oh, I think I have heard of this.

**Rose:** He's just so silly and goes to awesome places and just shares. I think he's like the Mister Rogers of food [Cody: Chuckling] and travel, food traveling. So Somebody Feed Phil, I highly recommend.

**Cody:** It's Netflix.

**Rose:** Netflix. Yeah,

**Cody:** OK. My list is growing as I ask this question to people.

**Rose:** You're really doing it for your own research.

**Cody:** I'm really just getting my own recommendations that I can take back and start. Alex, anything that's got you hooked right now?

**Alex:** Um, yeah. I mean, like you said, I'm a voracious reader. I actually just finished a book called The Great Influenza talking about the Spanish flu of nineteen-twenty nineteen-eighteen, nineteen-twenty. So, you know, I read that before that I read Salem's Law by Stephen King. I read a lot.

**Cody:** What was the Spanish influenza book called?

**Alex:** It's called The Great Influenza - The Story of the Deadliest Pandemic in History. [Cody: OK] Really interesting, a lot of what they talked about in this book was written, I think, in the early 2000s, so way before all this happened, [Cody: Mm hmm] but a lot of the stuff that was happening, you know, one hundred years ago is the same stuff we're doing today. [Cody: Wow] So I definitely recommend it. Yeah, so love reading. Rose can tell you that, too.

**Rose:** He loves reading. [All: Chuckling] I concur.

**Cody:** So you're saying when you'd come down and see him having a Subway, you mean there also might have been a book and at that time, too?

**Rose:** Not usually at the same time, [Cody: OK] because he might spill.

**Alex:** Yeah. [Laughing]

**Rose:** But it's around the area. [Chuckling]

**Alex:** Yeah. I buy my books and I like to keep them so I don't want to get food on them. [All: Chuckling]

**Cody:** I was also going to ask as I asked this question now to, this is our eighth episode, but do you guys ever use the word voracious [Rose: Chuckling] other than for the word reader? Just thinking that.

**Rose:** I don't think I've ever used it. [Chuckling]

**Alex:** Yeah, I don't think I did either.

**Cody:** OK, I think they go hand in hand. [Rose: Yeah, probably] All right. OK, this next one is called What Are You Munching On? So we know that social physical distancing has us all chilling at home a lot more these days. What's been kind of your go to takeout food spot or what you've been munching on during these times?

**Alex:** So I just moved to Tucson and there's an In and Out about five minutes from our house. [Cody: Oooh] So I get out there like every week.

**Rose:** Oh, my gosh. [Chuckling]

**Alex:** I still think Burgerville is better, but I like In and Out. [Rose: Laughing]

**Cody:** Does, and sorry if I should know this, but does Arizona have a wealth of In and Out's? Or was it a special thing to come to the area?

**Alex:** I think they have a couple. I think Tucson has like three. And I think Phoenix has a few.

**Cody:** Do they have like parking people and like the drive thru has like, forty cars at a time? Is it that kind of a setup?

**Alex:** I'd say it was it first because they couldn't have, like what you call it...

**Cody:** Oh true. It was all drive through.

**Alex:** Yeah, you couldn't go inside. So the drive thru lines are pretty long. But they're, they're completely open again, so it's, it's manageable.

**Cody:** I was just thinking of I grew up in Medford, southern Oregon, [Alex: Oh, OK] and like at the end of my college career at Oregon State, they brought the first Oregon In and Out, came to Medford and, and suddenly, like a lot of people at OSU, and they'd be



like, oh, you're from Medford. They'd be like, oh that's In and Out. [All: Laughing] No, I never had that experience when I was growing up. But of course, I went when I would go home, visit my parents. And they still have like parking people on staff there like managing it. And yeah, it blew up.

**Rose:** Oh, yeah. I've definitely been to that In and Out as well. [Chuckling]

**Cody:** You made the, the three hour commute just for it.

**Rose:** Oh, yeah. [Chuckling]

**Cody:** Rose, what's your answer to this question? What are you munching on?

**Rose:** I have mostly been doing the clear the fridge diet and really having to be creative with our grocery store trips minimized.

**Cody:** Mm hmm.

**Rose:** Honestly, like, I can't even name like the odd combinations of food [Cody: Chuckling] I've been making. I am a little too embarrassed to share, but let's just say it's been an experiment of what can you make with what you've got.

**Cody:** That's always the best when you have to figure out how to put black beans together with something else [Rose: Yeah] when it's been in the can or just.

**Rose:** Yes, most of them have turned out great, but I can't say all of them have.

**Cody:** Ok, this next one, final one here is called Globe or Garage? So this is whether you're an avid traveler hence the globe or a proud homebody, hence the garage when it's safe to travel again, what's one place currently on your travel bucket list? Or if you're more of the homebody, what's the project or hobby that you're taking on?

**Rose:** Well, we, my fiancé and I have a Italy trip credit awaiting us because that's where our honeymoon was originally planned. [Cody: Mm hmm] So I would definitely say Globe and I would love to travel to Italy first thing and then everywhere else after.

**Cody:** Was there any specific in Italy you're going?

**Rose:** We were planning on, we were going to just go top to bottom. So our first stop was going to be flying into Milan, but going straight to Lake Como [Cody: Mm hmm] and then just traveling down all the way down to the Amalfi Coast and getting a little bit of everything and eating a lot. But for now, we will patiently await that moment.

**Cody:** Wow, yes. You said credit, though, so I mean, it's still, still coming up. Just TBD.

**Rose:** TBD. Yes,

**Cody:** That's amazing. Are you an Italian food fan? [Chuckling]

**Rose:** I am an all food fan, but Italian is definitely up there. [Chuckling]

**Cody:** That'll be fun when it when it does happen.

**Rose:** Yes. Very excited someday.

**Cody:** Alex, what's your global garage?

**Alex:** Yeah, definitely globe especially after the study abroad. We, I've been to Europe a few times. So I think next what we want to do, my wife and I, want to go to like Switzerland and Norway and like Austria, Germany, kind of the, more, more northern countries. She likes to ski. I just switched from snowboarding to skiing. So hopefully we can do some of that when we're up there.

**Cody:** When you guys have been in Europe, or Rose, had you been in Europe previous to this Italy trip, will this be first time? Sorry if you mentioned this earlier.

**Rose:** Oh, no, no problem. I have we were in we've been to Amsterdam and Scotland.

**Cody:** Ok.

**Rose:** That's it for me.

**Cody:** Well, both of you, like, do you usually go by train or go by bus or go by plane? What's, what's been your preferred method of moving around Europe.

**Alex:** It's usually whatever is cheaper. [All: Chuckling] The nice thing over there is to have the discount airlines. So I remember taking a flight from Santander, Spain to Rome for like 50 bucks.

**Cody:** Wow.

**Alex:** Yeah.

**Cody:** Round trip or one with that one way?

**Alex:** That was one way.

**Cody:** Either way. That's crazy.

**Alex:** I will say, though, that train roads are pretty cool because they have more of the high speed networks there. So that's a lot of fun.

**Cody:** I went to Europe and I got on one of the email lists for one of the cheap flight airlines, and it's so tempting when they just continue to send you emails that are like this great city to this great city for 20 bucks.

**Rose:** Right.

**Cody:** Well, I have to get there first.

**Rose:** Right, let me get out of the country first.

**Cody:** Yeah. Yeah. That's great, thanks to both of you for sharing that, too. Yeah, so anyway, we appreciate you both coming on. We know that your time is super valuable right now. And I think I speak for all Beaver Nation again when I say thanks for all that

you do for helping, healing, serving our country during this time. So being on the front lines. But, yeah, I appreciate you taking the time out of your day to sit down with us and share a unique story.

**Alex:** Yeah, absolutely. I had a great time.

**Rose:** Yes, ditto. Thank you so much.

**Cody:** Yeah. And Beaver Nation, that concludes season one of the What's Next? podcast. Thanks to all of you who tuned in. We're excited to announce that we're back for season two coming soon. So stay tuned for the official launch dates on that. And also be sure to subscribe as the episode will pop up in your podcast player when we've got more Beaver stories to share. We will see you all again soon.

**[Bouncy theme music plays.]**

**Cody:** Hey, listeners, our goal at OSU Next and the Alumni Association is to build community, and that includes creating connections and sharing these unique stories with the rest of the Beaver nation. If you found this episode of the What's Next? podcast valuable, you can help us achieve this goal by writing a quick review, leaving a rating and subscribing to the show in your preferred podcast player. We're thankful for your support.

**[Bouncy theme music fades.]**